

Cauliflower and Pea Curry

To a blender add: 3 to 6 green fresh chillies, seeds left in
5cm peeled and chopped root ginger
pinch of salt

And pulse until a fine masala paste. You may need to add a tiny bit of water.

In a heavy based saucepan heat 100ml of sunflower oil (I use coconut oil and only about 50ml) and add:

1 tsp cumin seeds
1 tsp brown/black mustard seeds

Let them cook until the seeds start to pop and then add:

1/2 tsp asafoetida.

It is essential you add in this order for the flavour of the dish.

Now add 1 medium cauliflower that you have cut into bite size pieces; stir in the masala paste and add:

1 tsp turmeric powder
1 tbsp coriander, ground
1 1/2 tsp salt
1 tsp sugar
75ml boiling water (if using fresh peas; you may not need if using frozen)

Cover and cook for 8 to 10 minutes, stirring occasionally, and then add:

400g of peas, fresh or frozen

Cover and cook again for a few minutes until the peas are cooked.

Remove from the heat and sprinkle on fresh coriander, leave to rest, covered for 5 mins or the flavours mingle.

Serve with rice or quinoa or even just on its own with lots of green veg steamed. Great with your fave Dahl as well.